

#1

Cymbalta pins and needles feeling in my head.

So I (27m) have been on 60mg of cymbalta for a little over a week now. Since Thursday I have had a bad headache, but what's worse is the pins and needles feeling in my head. Feels like something is constantly poking my brain during the day and night. Has anyone had this experience on 60mg? Will it pass? I don't remember having this issue when I was on 30mg for a month. Talked to my doctor already and their only recommendation was to drop back down to 30mg but that isn't really enough to control the anxiety.

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5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#2

Started taking paroxetine

Finally starting medication for my OCD/anxiety, praying it'll help !

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#3

Paxil withdrawal is no joke (rant)

I have such a love/hate with this little pink pill.

Long story short I've been on Paxil for about a year now. Six months ago Amitriptyline was added to the mix for sleep problems. And between these two medications, I feel pretty great...and can't poop, because these are both super constipating drugs, apparently.

So I do the right thing and talk it over with a medical professional who thinks I would be safe to taper off Paxil and remain on amitriptyline, as long as I continue once a week counseling sessions. I'm instructed on the proper way to taper down and give it a go and I feel like fucking death. Needless to say, I am back to my regular dose and going back to the drawing board.

I've been on pretty much every other SSRI and none of them have had withdrawal symptoms like Paxil. That being said, STAY ON YOUR MEDS and don't taper down or suddenly stop without consulting your doctor.

Fuck dizziness, cold sweats, brain zaps, nausea and the fact that my brain cannot manage serotonin on its own.

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#4

Can zoloft cause more anxiety?

I've been on zoloft for a few months now and i've felt like it hasn't helped at all, especially in anxiety. Recently I have not been taking my medication (I know it's bad), and i've noticed my anxiety has lessened TREMENDOUSLY. I haven't had any panic attacks in the time i've been skipping it. I'm wondering if this is because Zoloft was negatively affected me, or if I am just suddenly in a better mental state?

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#5

Medicine suggestions?

I am 15 years old and desperate for some relief from my mental health conditions. I am currently diagnosed with autism, adhd, ocd, tics, depression, and gad. I was diagnosed with most of them about 1-2 years ago. My symptoms are debilitating and I can no longer go to school or function at all. So far the medications I've tried are

Sertraline

Duloxetine (worst medication I've ever tried)

Lexapro

Fluoxetine

Olanzapine

Alprazolam

Lorazepam

Diazepam

Abilify

I'm currently taking adhd medication which is very helpful.

All the times I've taken these medications I've followed all guidelines and was usually in a psychiatric ward under careful supervision. There are some other medications I've tried but these are the only ones I can remember right now.

Any advice on medications that are safe for teens that I could consider would be much appreciated!

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#6

What will 200mg of prozac do

I'm probably overreacting but I'm still scared if I did anything bad to myself and if I did how bad

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#7

Can I take activated charcoal to stop absorbing prozac??

Hi I really don't want to take it anymore but I just took it 40 minutes ago and I don't want it in my body. Is it okay to take activated charcoal to stop it absorbing? I don't want withdrawl. I have been on it for 4 days.

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#8

Is there anything that can be done?

I will make a long story short. I have always had bad anxiety. It comes in phases. Some years I'm okay, some years I struggle hard. This is one of those years. I have a very fussy stomach and horrible IBS. I'm not sure if it's the anxiety or the IBS or a lovely combination of both, but I have lost 30 pounds. Most of that was in a span of a couple of months. I am still dropping weight slowly though.

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I started therapy. I see a psychiatrist. I am on 1MG of abilify. They don't even make a dose that small, I have to break a 2MG pill in half to tolerate it. I have tried the full 2MG and it causes my anxiety to worsen. I have tried SSRI's in the past, but due to my funky body chemistry, I ended up with serotonin syndrome. I have to take zofran for my stomach sometimes, so that eliminates a lot of other options due to drug interactions.

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I just tried gabapentin last night. Only 100MGS. I woke up today feeling weird, hungover and had watery bowel movements. I cannot deal with these side effects. I do not have time to run to the bathroom every 20 mins.

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I feel so lost. Like there are no options for me. Everything I try makes things worse. Are there any natural remedies I can try? Something that won't upset my stomach even more? I am EXTREMELY sensitive to medications. As I mentioned, just a normal dose of SSRI's gave me serotonin syndrome. One 100MGS of gabapentin has destroyed my stomach. Please someone give me advice. I am not a strong enough person to deal with this much longer.

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#9

Sertraline use and sleep

Does anybody else taking 100mg of Sertraline on a daily find that they struggle waking up in the morning. I've been on Sertraline since I was 16 I'm now 24. I struggle waking up in the mornings, I'm deep asleep I don't move and I'm silent to the point my dad says he has to check I'm still breathing most mornings and my alarm has absolutely no hope of waking me up anytime before 10am. I go to bed at 11pm which I think is pretty normal.

(It takes me well over an hour to get to sleep).

So anyway a while back I stopped taking it and for a while I started sleeping better. I started waking up early in the morning sometimes before my alarm. And I was no longer being late for work on a regular. But then my mental health took a tumble after losing 2 family members in one month, losing my job and my home for a while I was homeless and couldn't get any help.

My dad took me back in albeit he doesn't have the room for me in his house but he's doing his best. I've started taking my medication again. And I'm sharing a room with my 6 year old brother who suffers with sleep apnea so he snores... LOUD. So again I'm not sleeping great myself but I'm lucky if I wake up before 10-11am and my alarm is useless I've tried numerous different alarm tunes. Just wondering if any other fellow sertraline users suffer with the same thing.

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#10

(Memory loss) Serotonin reuptaker (SSRI) VS Serotonin and norepinephrine reuptaker (SNRI)

I've read some research about serotonin reuptakers (SSRI) causing memory loss, and I've experienced that too (paroxetine and after citalopram).

However, I did not find a single instance of someone using serotonin and norepinephrine reuptaker (SNRI) and having memory problems.

Some studies suggest that norepinephrine helps retain information, and serotonin decreases the amount of norepinephrine (talvez este seja o motivo para que SSRI cause perda de memória em algumas pessoas).

Do you know of any cases of memory loss in people who use serotonin and norepinephrine reuptakers (SNRI)?

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#11

My experience with Prozac

So I've been dealing with anxiety and panic attacks for over a decade, always wanted to get through it without medication but it just kept getting worse and worse so I finally talked to my doctor. She was undecided between prozac and paxil until I explained that the general anxiety was more important to treat than the panic attacks. She prescribed 10mg prozac to start.

Week 1 was pretty uneventful with side effects, didn't feel different at all but it takes time for SSRIs to take effect.

Week 2 I felt a LITTLE BIT of increased anxiety for a few days, but beyond that I just had headaches from time to time.

Week 3 I started to feel the positive effects. Less rumination, less dwelling on negative thoughts. At this point I was upped to 20mg.

Week 4 I felt increased anxiety again due to increased dosage.

Week 5 I really started to feel the positive effects. I still feel anxious but not as bad. The physical symptoms of anxiety aren't as bad either. I still get something I suppose can be called panic attacks, but they're shorter and manageable.

Week 6 I'm feeling much better and I feel like I'm starting to feel the full effect. I'm planning on asking to have my dose increased again to 40mg. Only lasting side effects are vivid dreams and slight restless leg aggravation. Oh and my sex drive dipped quite a bit during the first few weeks but it's stabilized and I'm able to get aroused and climax like normal.

I feel like I'm lucky with having limited side effects and seeming like I got the right meds first try. My advice to anyone struggling is to talk to your dr about antidepressants. They really do help.

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#12

Upping dose

Hey. I was started on 50mg Zoloft, 7.5mg Remeron and 2x0.25mg Xanax. I felt a lot better after like 7-8 weeks, got the Xan down to 2x0.125mg. My doc increased my Zoloft to 75mg a week ago. Since yesterday, I'm really anxious all day, tonight I had to take an extra 0.25mg Xanax cuz it was that bad. Will this get better? I had absolutely ZERO side effects when I started Zoloft 50mg, but my symptoms persisted, hence the dosage increase.

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#13

Chest tightness from anxiety

Hi all. Quick history and intro before the question. I am a 36yo male, diagnosed GAD and major depressive disorder in 2019. Since that time I've been taking bupropion, which I do believe has helped with the depression. My anxiety, however, has not been addressed and has inly gotten worse. I have been under a lot of stress over the past couple months (selling my home, building across the country and moving place to place until it's complete), and believe I had my first panic attack 2/25 which I went to the ER for. All tests came back normal. My chest was tight 2 days prior to that, and is still tight to this day (3/11). I was given klonopin from the er, which I believe helped tremendously while taking it but it was only a couple doses. I am now getting prescribed prozac, which I will take in about another week when I fully come off the bupropion.

So my questions are:

- I know that chest tightness can be a result from heightened states of anxiety, but usually goes away quite quickly. How long have any of you had chest tightness for and what has helped to alleviate it?
- How have you reacted to prozac?
- Does anyone take cbd for anxiety and has it helped/hurt?

I appreciate anyone's input as I am getting pretty desperate at this point to get rid of this chest tightness.

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#14

I pretty much never have anxiety attacks anymore (though I still deal with anxious thoughts)... but my boss almost gave me an anxiety attack today

She just LOVES to nitpick me. And tell me things like "to be more confident." well hey, guess what, woman? You ever heard of something called "mental health problems" or "anxiety"? And, wait -- have you ever considered the idea that if you're constantly up somebody's ass that there's a chance they're going to feel worse about themselves and more anxious while working?

It's so funny because I got these two other managers who leave me the fuck alone while I work. I mean, they may offer advice when I mess up (which I still do don't get me wrong, I mean I'm kinda new still but yea I got my mental health issues which can make working hard for me), but the way they try to help me is very helpful and let's just say it does help me, to put it simply. But her? She just told me today -- while I'm a month into the job -- she already wants me to be "very confident". Well, dumbass, again -- maybe consider that I got mental health problems and struggle with self-confidence a little still, and that when you're constantly nitpicking me I'm going to feel terrible about myself? OH -- and not to mention I've been doing THERAPEUTIC KETAMINE these past few weeks, which just goes to show how unwell I am.

I really do think this manager means well but ffs, she makes me feel like crap nonetheless. MY new job is great pretty much except for her. SMH

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#15

If you take Mirtazapine and ADHD Meds, you might be putting your health in danger!

So I have been feeling more and more depressed and I suggested to my Doc that Mirtazapine might be the problem, as it is sedative. So my Psychiatrist was like "yeah that actually might be it" and then he looked something up on his Computer and told me that my ADHD Med

(Kinnecten/Concerta) actually blocked the breakdown of Mirtazapine. So I took in more of that Shit than my Body could Break down, and I was feeling worse and worse.

So if anybody is taking Mirtazapine and ADHD Meds, just think about it for a second, because I started taking these two after a Team of Doctors in a mental Hospital decided so and none of them knew about this Mirror-effect.

I had really short breath and was physically becoming more unfit every day. I hope that whoever is taking the same meds reads this and maybe it can help anyone here.

Tl;Dr If you take ADHD-meds and Mirtazapine, you Body can not break down Mirtazapine fast enough. You're ruining the effects of it and your heart is suffering.

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#16

Anxiety attack

Guys I am having a panic attack due to upping my dose of venlafaxine and don't know how to cope. Any ideas what to do? I feel so anxious. I took propranolol but it's not working. I am also autistic.

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#17

Lexapro or 5-HTP?

So I finally broke down and signed up for NURX for my anxiety. They are prescribing lexapro 5 mg but I don't know if I can make myself take it. I need to stop googling and I'd probably be fine. I don't know why I'm scared of it. I took it many years ago after I had my daughter and it seemed to work well then. Maybe because I'm older now and take more otc meds than I did when I had her. Every dang thing interacts with it, even just plain old Advil. Tylenol does absolutely nothing for me and that seems to be all that can be taken for any pain. I'm seriously considering trying this 5 HTP supplement first. Has anyone else ever tried that? I'm not really asking for whether I should take it. Just experiences from others.

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#18

ability not working?

hello, i have anxiety and depression and my new psychiatrist prescribed me abilify. ive taken most of the antidepressants (zoloft, effexor, prozac, cymbalta, cipralex and seroxat) the only one that worked was seroxat but i had to get off it because of serotonin syndrome.

My psychiatrist told me that i should try mood stabilizers instead of benzos because they're short lived and wouldn't help me in the long run. ive been prescribed 2.5 mg of abilify and its been 3 weeks yet no positive results, just insomnia and nightmares but they're bearable. My psychiatrist also told me that if abilify doesn't work then i need to do a dna test to see which medications work for me.

my question is when does medication start its job? is it just 3 weeks or should i wait longer before stopping it?

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#19

Mirtazapine withdrawals

Been taking mirtazapine for the last 7 months. Was supposed to help with anxiety but didn't do anything. Was on 15mg for the first three months and for the last 4 months been on 7.5mg. What should the withdrawals be like? I am underweight so I'm scared I will loose weight. Also my anxiety is already pretty bad, but I dnt know what to do anymore and just want to get off this. I have klonopin and Xanax as needed. Used to take Zoloft the year before and while it helped it made my dick literally useless. And other natural meds I can take for withdrawals that can help with Anxiety. I take fish oil, vitamin d, and a probiotic daily. Anxiety has ruined my life, so any suggestions would be greatly appreciated. Going to therapy now for over a month but it's not helping too much.
Edit: currently taking 1-2mg klonopin 1-3 times a week. Not physically addicted but mentally for sure. I am always craving it.

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#20

Going through Paroxetine withdrawal, 4th attempt. Feeling so sad and sick.

My 4th attempt to get off Paxil. I've been on Paxil for 4 years, so yea on average I try to quit antidepressants once a year. I fail and I go back on it very shortly after. I REALLY fear being dependent on this medication because of the withdrawals. It scares me having to put this in my body. Listen, Paxil saved my life... but SSRI's cannot be good for your body long-term, there's no way, right..? It just doesn't feel like something I want to put in my body for *decades*..

My severe symptoms are the physical which include vertigo, cold sweats, headache, nausea, and insomnia, but the WORST is how emotionally fragile I've become within days. Wow. I feel so weak and sad, I feel so alone. I am starting to feel disassociated from people in my life. That is the worst feeling. I feel "far away" from everyone. And everything I was excited about coming up in my life is now actually just some horrible thing that is somehow going to backfire and hurt me in every way imaginable. It scares me how drastically this happens on withdrawal.

I cry over the tiniest thing, just like I always did before. I get extremely sentimental, possessive, needy. I am extremely compelled to be typing this out right now because I'm crying, merely for being awake this late at night not being able to sleep. And the feeling of pure loneliness that comes from that. I'm dreading that I still need to go to work later. Sometimes on withdrawal my body helplessly stays awake for 30-48 hours at a time yet I still get bouts of intense drowsiness during the day, but I cannot actually sleep. My mind will be too busy running a million miles an hour.

Not sure what the point of this is, I guess I just wanted someone to hear me.

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#21

1-year post escitalopram and I (23 F) still haven't regained my ability to feel.

It's been almost two years since I decided to go to therapy to seek help for my depression and anxiety. My psychiatrist prescribed me escitalopram (I believe it's commonly known as Lexapro) and benzodiazepines. I was desperate and was willing to try anything to feel better because I'd officially hit rock bottom and could only think about death. I don't want to go into the details of what I was experiencing, I think most people here are familiar with what I'm describing.

Antidepressants worked, I guess, but not in the way I'd been expecting. I felt numb, which meant I wasn't really in pain anymore, but I wasn't happy. Actually I wasn't feeling anything at all. And that f*cked with my head for a while and I resorted to drugs and alcohol to feel something. And in those few hours I would be able to reconnect with the pain and cry my heart out. Then I'd go back to the numbness. I hated it. I felt like a zombie, I felt fake and I was so angry with the world and with myself. It seemed like the only genuine emotion I could feel is sorrow, and even that was being robbed away from me.

Don't get me wrong, the meds gave me back my ability to function. I could work, I could go to school, I could go out with friends and listen and laugh and pretend I was okay. My life was back on track but I was not happy. My psychiatrist wasn't a very good one tbh, and she encouraged me to keep stuff in. I told her about the numbness, how nothing really made me happy, and how I felt like I was essentially hiding my sorrows without healing the pain inside of me. She told me that I have to move on from my trauma, that I have to set goals for myself and that I have to find what makes me happy. Except I didn't know how to do that and I eventually gave up on asking her because she just didn't get it and only made me feel guilty about what I was feeling.

I ended up ditching therapy and tapering off my meds alone (partly because my therapist didn't tell me how and left me on my own/misguided me). That was one year ago and the numbness hasn't truly left me. I lost the ability to identify my feelings and I don't how to describe the disconnection. It's like I'm a clogged sink, and only few drops of feelings can pass through. Except once in a while when something bad would happen and trigger me and everything would come crashing down. It confusing because all of a sudden you're experiencing this wave of pain/anxiety and you don't know where it came from.

I truly don't know how I feel about things anymore. I wouldn't know that I'm missing someone until something triggers me and I'm crippled in bed crying about it. I wouldn't know that I'm angry with someone until I'm overreacting and screaming at them for something insignificant. I wouldn't know I'm troubled and anxious until my stomach is a mess and I can't sleep anymore from anxiety and I'm reaching for my old pills, trying to understand what's making me so restless. I wouldn't know I'm sad or lonely until I'm blacked out drunk and the old sense of misery is creeping back at me. I wouldn't know I had feelings for the guy I'm seeing until he's leaving me because he feels I'm too cold. I feel like a freak. I feel permanently damaged. I feel ruined for life. And I know admitting this pains me but I can't feel anything as I'm writing. I will never experience true happiness or love and I'm trying to make my peace with it. I guess emptiness is better than melancholy.

I'm sorry for the long depressing post but I wanted to get this off my chest and share my experience with antidepressants and therapy. I'd love to hear if anyone has experienced anything similar.

****TL;DR; : My experience with antidepressants made my lose touch with my emotions.****

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#22

Slowly getting off of Fluoxetine

Hey everyone!

I'm just wondering if anyone here has tried or has stopped taking their anxiety meds and what pros/cons come from doing so. The main reason I want to get off of mine is that I don't feel like I used to feel. It doesn't feel natural to have to take pills to manage anxiety. Also, my sex drive is so low and that shouldn't be happening, being that I'm only 24. Any tips on how to cycle off anxiety meds are much appreciated!

Thanks!

kobs242

- 1) Age: _____
- 2) Gender (please circle): Male | Female
- 3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive
- 4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No
- 5) Drug name (if multiple present, chose the most important one): _____
- 6) Medication side effects (of chosen drug): _____
- 7) Duration of treatment of chosen drug (please circle one):
less than one month | one to six months
six to twelve months | more than one year

#23

Hallucinations and panic attacks during night

M21 here, I've been having quites frequently (once/twice a week) episodes where, before sleeping or when I wake up in the middle of the night, I have very strong hallucinations while having very confusing thoughts that usually bring me really bad anxiety and even panic attacks. I've talked with my psychiatrist about this and he gave me gabapentin and trazodone for sleep but I don't feel like it's working for me. I've been prescribed benzos in the past and they worked pretty well but I don't think my psychiatrist would gave them to me since I've talked to him about my addiction to opiates (benzos carry a high addiction potential). What can help? I feel pretty lost and I feel like I'm not going to get good sleep whenever I will need it.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

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5) Drug name (if multiple present, chose the most important one): _____

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less than one month | one to six months

six to twelve months | more than one year

#24

Escitalopram progress is painful, slow, but progressing

Today's my fifth day increasing escitalopram (lexapro, cipralex) from 7.5 to 10 mg. It's been 12 days since I increased from 5 to 7.5, when I was fairly stable on 5.

I realized this past week that your body develops a tolerance even if you're off the medication for a month, hence the ramp up to 5 wasn't as bad, but the past week or so has been a living hell. Stuck at home, depressed, surging anxiety, afraid to go out, tired. The nights were better than days. Only yesterday and today have I started seeing improvement during the day - today was enough to push me to be able to work again. It's still shitty. But I can't wait to be stable on 10.

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5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#25

Losing stuff

I'm currently having a lot of trouble with the fact that I'm constantly losing and forgetting things. Not just small things, but also valuables like my cell phone, my wallet or my keys. For example, I have lost my cell phone and 2 pairs of sunglasses twice in the last 2 weeks. Of course, I've already thought about why this might be, as the logistical and financial effort afterwards is super stressful and annoying! It has to be said that I have always been a dreamer who is more in his own world than in the real world. I also suffered from severe depression for 3 years and still have mild to moderate depression. I have also been taking citalopram for 4 years. I have now suspected whether this might be related to my antidepressants. If any of you have had similar experiences, I would be very happy to hear from you!

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

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less than one month | one to six months

six to twelve months | more than one year

#26

I'm on 20mg lexapro/escitalopram + 0.5 to 1mg xanax/alprazolam. Consequences on memory?

I got diagnosed over 5 years ago with major depression + generalized anxiety disorder. I've been on different meds, I started with sertraline and then desvenlafaxine, with 0.25 mg of alprazolam. There have been periods of time (maybe a total of 6 months out of 4 years) when my doses were cut down almost completely because I got better. The two past years my prescription was 10mg lexapro + 0.5 alprazolam, which was later raised to 20 mg lexapro + 0.5 to 1mg alprazolam. I'm went from a high stress job to an even more stressful job so lately I've been feeling like I need even more alprazolam, which is something I will be asking my psychiatrist soon if he sees it fit. I also do therapy at the side but mostly focused on methods of dealing with my job.

Has anyone been in a similar dosis (mix of SSRI+zanax)? For how long? What was the impact on your memory and how did you deal with it? The thing is, I can already feel the consequences on my memory retention (I'm guessing because I started on meds on my late teens/early twenties), which suck because I work in law and I manage so many different cases at the time and I just can't rely on my memory at all (leaving my job is not a choice, I need the money and I'm trying to save up as much as I can so I can leave when it gets too much). I feel like Dory from Finding Nemo a lot of the time.

Considering that, I would rather just handle my anxiety with my current dosis and whatever other methods than don't require upping my doses. Any opinion/experience is welcome, please. Thank you

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2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

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7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#27

Initial results with Clomipramine

Hi all, just started taking Clomipramine (25 mg for 3 weeks and now 50 mg for a week). So far I had increased anxiety and OCD. Anyone had worsened symptoms at the start? did Clomipramine help at the end? At what dosage?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

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six to twelve months | more than one year

#28

first day on sertraline, side effects bother me but I feel better? thinking if I should carry on.

I need to go through two weeks of nausea, puking, dizziness, tiredness...I hate diarrhea!!! The stomach illness make me anxious more...I can't work like this... My job needs me to be so energetic...

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2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

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less than one month | one to six months

six to twelve months | more than one year

#29

Question for people on antidepressants

Hello everyone,

I just have a question for people taking antidepressants. Before I went through major anxiety and depression I used to enjoy travelling and cant wait to travel.

But 4 years ago when I went through major depression and anxiety I m afraid to travel and I hate it so much now like I dont want to travel although i m travelling for vacation.

Will it get better on antidepressants? Like will I enjoy travelling again? Everyone is asking me every now and then “are you excited to travel and enjoy the vacation??” I tell them of course just so that they leave me alone ■■■

I m currently on cymbalta, lamictal and wellbutrin.

1) Age: _____

2) Gender (please circle): Male | Female

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less than one month | one to six months

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#30

Quetiapine 25mg sides

Hello everybody.

Someone else feels nauseous/sick taking quetiapine 25mg? I'm using this for 2 months to treat my anxiety

1) Age: _____

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six to twelve months | more than one year

#31

I've been really angry since coming off Citalopram

I've been on Citalopram for around 5 years and I came off them a month ago as I didn't think they were working anymore..... clearly they were though!

I've been angry - more snappy - not physically angry, but angry enough for people to notice a difference

Sad, depressed, hopeless, trouble sleeping

I'm thinking of going back on them as I was much better than this

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#32

Switching from Lexapro (escitalopram) to mirtazapine for social anxiety. Anything I should know?

I was diagnosed with social anxiety in 2014, was not on meds until I started Lexapro in 2016. Only side effect was difficulty achieving orgasm; although not impossible, just takes a long time.

I recently started feeling a little depressed (whole COVID situation finally bringing me down) so my doc upped the dose from 10mg to 20mg, and BAM! I developed insomnia. I was already having a little trouble staying asleep, due to my anxiety and I guess the depressive symptoms in the last few months. He switched me to mirtazapine, 15mg to start, taking the first pill tonight after stopping Lexapro last Thursday (per his advice).

I know it's not an SSRI, so hopefully orgasms get easier again (anyone with experience on this?). I'm also hoping it helps me sleep. Anything I should know? i.e. side effects when first starting?

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six to twelve months | more than one year

#33

At what point do you consider going on something?

I've been considering posting this for a while, and always change my mind once I have a good day or two in a row and figure everything's great.

All in all, my life is pretty great, I'm not mad at that. I still have a job right now, good friends, a new girlfriend, a nice apartment, and often lots of exciting things going on in my life.

But still, I find myself laying in bed or on the couch frequently, feeling bad or angry at myself for where I'm at in life or past mistakes. I won't drag out a story, I'll keep that for my therapist. I've put in 2 years of talk therapy which has helped a ton, gotten out of a horribly toxic relationship, and cleaned up my life a ton, but this mix of anxiety and depression does truly limit what I'm doing in life. Problem is, it's mostly the past that leaves me feeling guilty, the present that makes me bored and hopeless, and the future that gives me anxiety. This isn't new either, it's been off and on and generally growing over the last few years - my last relationship really fired it up though.

I've missed work, I give up or postpone career goals, make excuses to not hang out with friends, or engage in self destructive behaviors out of disappointment in myself. I've started to wonder if going on meds for a year or so would help me to break out of this.

I'm currently on TRT which has helped quite a bit, but hasn't fixed things. I exercise very regularly, eat decently well (trying to get back on track there), and take much better care of myself than I used to. I have noticed I readily go for any substances that boost mood or lower anxiety - it's taken a lot of work to battle this, and I think it's a symptom of this rather than a cause.

I was on Parnate (an MAOI) years ago to get out of a rough spot, and while it didn't come without side effects, it got me out of a really rough spot. I tried other meds when I was younger, but I'm one of those people who believes MAOIs are the only ones worth a damn. I briefly tried Nardil but only gave it 2 days and was mad it made me tired. Considering how it'd impact my life if I gave it another shot.

I'm not desperate, but I do think I'm going to be facing some problems in my life that I can't fix anytime soon, and I believe they're holding me back from being the best I can be.

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less than one month | one to six months

six to twelve months | more than one year

#34

Withdrawal from venlafaxine/Effexor

I started going off Effexor around 3 to 4 weeks ago my original dose was 225 that I have been on for years. I first went from 225 to 183, and a week later from 183 to 150, after being on 150 MG for 2 to 3 weeks I just jumped from 150 to 100 with advice from my psychiatrist. It's been since this past Friday and I have been having all kinds of crazy side effects, the worst for me is the dizziness, I feel dizzy/lightheaded all day, and that triggers anxiety for me. Does anybody have any tips on how to control the dizziness, considering that I work five days a week around 10 hours a day. Any tips or tricks would really help.

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#35

Lexapro/cipralex- do you have any experience?

Hello Everyone!

I'm on week 5 of taking cipralex, two weeks on 10 mg. Escitalopam. Also known as Lexapro.

I have some questions. I still feel more tired than I was before taking cipralex, even though it's better than at the begging. Did you feel the same as I? When did you stop feeling tired? I'm scared it will be still like this:/

And also did you study while taking Cipralex? There are final exams ahead of me at university and I'm scared that it will somehow influence my memory, ability of studying at all :/

Some support and experience are appreciated ♥■

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less than one month | one to six months

six to twelve months | more than one year

#36

Venlafaxine (generic Effexor XR) withdrawals even after returning to full dosage?

I decided to wean myself off my Venlafaxine (I'm prescribed generic XR), and my PCP suggested I rotate between my regular dosage of 75mg one day and 37.5mg the next day (been on 75mg/day for about 6 years). However, I had terrible withdrawal symptoms, including increased anxiousness and depression. After about a week or so of rotating between regular and half dosage, I returned to my full dosage. That was about three weeks ago, but the increased anxiousness and depression continue to linger. I am more easily made anxious or sad, and this is difficult to cope with. Has anyone else experienced similar issues? I knew there were problems when it comes to tapering off Effexor but I didn't think it would be so bad given that I was on such a low dosage. I am going to see a psychiatrist about finding a better way to wean myself off this medication but that is not until the end of August. Does anyone have any success stories or methods to taper use of Effexor? I read about the "prozac bridge" and am going to discuss it with my psychiatrist, though my PCP advised against this particular method. Thanks for your help, all!

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6) Medication side effects (of chosen drug): _____

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six to twelve months | more than one year

#37

Prozac 10mg cold turkey

I was taking Prozac 10mg for almost 3 weeks and didn't like how it made me feel so I quit cold turkey. Are there any withdrawal or side affects I should expect even though I didn't take it very long?

1) Age: _____

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5) Drug name (if multiple present, chose the most important one): _____

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#38

Drug (LSD) induced Anxiety Disorder

Hello everyone, I am 30M, non-smoker with no previous medical issues.

Exactly 5 months ago today, I made not the best decision of my life of trying LSD for the first time. Since then I've been experiencing strange sensations of pulsation/ shivering/ trembling in my body, and these sensations are only internal and invisible to others which makes it even just bizarre. I've been put on antidepressants and also tried antipsychotic (quetiapine, fluanxol) but the symptoms seem to be treatment resistant.

Overall it's not been kind healing. The NHS are not helpful either — the kind personelle told me that unless I suddenly show symptoms of schizophrenia they can't bump me up the que, which is months.

I've been to private doctors which cost me a bloody fortune. Ironically, they all come to a consensus telling me literally: "it's not the LSD itself, but your body's dramatic reaction to it, darling". Apparently my sympathetic nervous system has been stuck in a "fight or flight" mode, triggered by the extreme stress and anxiety I felt during the trip.

Anything organic has been ruled out. The only issue I have is my neck, but it's unlikely to be the sole cause of these symptoms, especially considering they began immediately after the trip on acid.

Initially the symptoms were confined to nightmares and convulsion-like shivers at night for the first 2 months however, they gradually escalated to experiencing pulsations during the day as well. While the intensity peaked in February, the symptoms mildly still persist every day like 24/7. They kind of fluctuate but never fully disappear. I've been prescribed Xanax, and it has helped alleviate the symptoms, however, I limit my usage to once a week to prevent dependency.

I had started Mirtazapine and to my surprise on the 5th day the symptoms disappeared. However, by the 3rd week they resurfaced, so my pshych switched me to Trazodone, which I've been taking ever since it's been five weeks now, but I only feel as if I am getting worse off.

I've heard that Stellate Ganglion Block (SGB) or Ketamine treatment potentially provide relief for these symptoms, but don't want to go this far yet.

If anyone has experienced this madness or has advice regarding this, I would greatly appreciate hearing it. The guys at /lsd thread just say I need to take more LSD to get out of this state, which isn't helpful really

- 1) Age: _____
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- 5) Drug name (if multiple present, chose the most important one): _____
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- 7) Duration of treatment of chosen drug (please circle one):
less than one month | one to six months
six to twelve months | more than one year

#39

Nothing helps to reduce anxiety except for alcohol

I think it's more of a 'technical' question, but I'm wondering, why does nothing help with anxiety except alcohol? I've tried meditation, breathing exercises, chamomile tea, atarax, lexapro - did nothing to me. What's the reason behind this? I've heard that alcohol is a depressant or whatever, could it be that I need other medications then to calm down my nervous system or whatever? What's the science behind this?

- 1) Age: _____
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- 4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No
- 5) Drug name (if multiple present, chose the most important one): _____
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- 7) Duration of treatment of chosen drug (please circle one):
less than one month | one to six months
six to twelve months | more than one year

#40

Buspirone and Zoloft?

I, 29(F), just had an appointment with my psychiatrist. She increased my Sertraline from 50 to 75mg and added Buspirone 5mg (2x daily). Does any one have any experience with this drug combo? I looked it up and apparently, there is a risk of serotonin syndrome. Should I be worried?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

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less than one month | one to six months

six to twelve months | more than one year

#41

I took Sertraline for the first time and I feel like I'm in a trance like state the whole day

Is this normal? I am supposed to take these for 2 weeks until my next appointment. I went for a counselling session and ended up getting Sertraline.

What if I really don't have any mental health issues?

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2) Gender (please circle): Male | Female

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4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

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less than one month | one to six months

six to twelve months | more than one year

#42

i missed my antidepressants for a few days

i missed my antidepressant pills because i ran out and didn't know, i decided to stop completely and i'm getting headaches, dizziness and common withdrawal symptoms. i was taking venlafaxine and elontril, i've been wanting to stop taking them and since i missed the doses i did it even though i know it should be done gradually. Is it dangerous to stop suddenly? will i be okay after the withdrawal symptoms stop?

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2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

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5) Drug name (if multiple present, choose the most important one): _____

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less than one month | one to six months

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#43

Seroquel/Quetiapine for depression?

I tried to search for people's experiences and accounts on Seroquel on here but they all seem to be in the context of psychosis, bipolar, etc. but none for depression. My pcp prescribed 50mg ER to me specifically for depression which I am diagnosed with, but with the idea that I *may* have a personality disorder. I took it for the first time and the side effects were INSTANT, I fell asleep for four hours and then woke up snacking a ton. As I mentioned I searched reddit for accounts on taking Seroquel and they vary so much, but what I HAVE heard is mostly negative... very, very negative. Has anyone else been prescribed this specifically for depression? Should I be worried? What has your experience been?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

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less than one month | one to six months

six to twelve months | more than one year

#44

Sertraline and weight gain?

I've been on sertraline for a few months now and currently take 100mg. Over time I've noticed weight gain, and as someone who has been up and down with an eating disorder, this has only exacerbated my mood swings and depression. I haven't made any major changes to my diet and I'm fit and active, but anything I eat immediately seems to pile pounds on. It's really getting to me. Has anyone else had this problem?

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2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

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#45

Anxiety & Depression Med Help

To give a bit of a background, I have battled social anxiety and depression for most of my life (I'm 35, was "officially" diagnosed at 14). I have always tried to conquer my issues without meds and for the most part, I was able to get by. Well, these past 5 years my life got flipped upside-down and my anxiety and depression took me to a whole different level.

I suddenly wasn't able to leave the house. At all...as in couldn't even go down to get the mail.

Although when it was dark out, I was able to do all sorts of stuff outside. ■

Needless to say, I started seeing a psychiatrist and started sertraline (zoloft) about a year and a half ago. As far as my anxiety goes, it's been amazing! However, the problem is I'm starting to feel overly depressed. Plus, on top of that, I overheat waaaay too easily, as in an outside temp of 70 degrees has me struggling. I've come to find out that SSRIs are known to be "sweat-inductive."

I've been doing some searching around for alternatives.

Is anyone aware of an SSRI that doesn't have extreme sweating as a side effect?

Also, has anyone heard of Mirtazapine (Remeron)? If so, thoughts? I can't find much online about it.

If you are able to help at all, I thank you so much! ■

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

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#46

Anxiety, nausea?

This is a long one. There are so many factors here and I need to try and paint the whole picture. Please bear with me.

So, for the past month or two I have awoken from nightly sleep with acute onset nausea. I was beginning to think there's something seriously wrong with me. I started poking around the web for "nausea, anxiety, fear of vomiting" etc.

It wasn't until last night that I Kind of connected the dots and came to the conclusion that this may well be nausea due to anxiety. I also have emetophobia, so any sense of being nauseated brings about severe anxiety. And now, evidently also the other way: anxiety brings about nausea. Also: having kids who routinely get the stomach bugs doesn't really help.

I have severe problems falling asleep the last 20 years. Of which I have taken seroquel every night for the last 10 years. I've had great success with seroquel. However, lately, taking seroquel has just made me feel weird, not falling asleep, being stuck in some Kind of weird state inbetween sleep and aWake state with massive racing thoughts/anxiety. So I cut the seroquel some few weeks ago. I still have trouble falling asleep, and I do Wake up with nausea after a few hours of sleeping.

I have made some lifestyle changes and started to go for walks when the kids are in bed. I'm in terrible shape, but trying to get my act together in terms of physical shape.

This whole thing I'm dealing with seems so convoluted, I'm not even sure how to properly describe it. The main issue is clearly the nausea at nighttime, every night, without fail, and the anxiety it triggers (or is triggered by, who knows what comes first).

Is it triggered by anxiety? Seems weird to have anxiety while sleeping and then waking up feeling nauseated. I guess it's possible, but it just seems so odd. To me it feels like I abruptly Wake from sleep with a Kind of sudden onset nausea, like, out of the blue, and this in turn triggers my anxiety. That's how I experience it.

I also have complex PTSD, that has, so far, proven resistant to treatment (childhood traumatic experiences). I should have been diagnosed during childhood/adolescence, but I didnt get the diagnose until 2020, after soldiering on in life, thinking I'd just have to suck it up and run with it. Things have been really hard all my life, but since 2020 I have been utterly broken.

I guess I'm trying to figure out Where the nausea comes from and why it primarily manifests itself while I'm sleeping. I'm going in circles, ping ponged between disturbed sleep, nausea and anxiety. I feel like a punching bag and can barely take it anymore.

I would absolutely love to hear from someone. How on earth do I make the nighttime nausea go away? Everything really hinges on that, I think. I know there's anti nausea medication to be had, but that's a whole other can of worms. I need to get to the root and not just treat the symptoms.

Alright, thanks for reading and letting me share. Hope to hear from you!

- 1) Age: _____
- 2) Gender (please circle): Male | Female
- 3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive
- 4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No
- 5) Drug name (if multiple present, chose the most important one): _____
- 6) Medication side effects (of chosen drug): _____
- 7) Duration of treatment of chosen drug (please circle one):
less than one month | one to six months
six to twelve months | more than one year

#47

What was your experience like on citalopram?

Making the move from Mirtazapine to Citalopram due to bad side affects. Wondering how you guys got on with it. I want brutal honesty.

- 1) Age: _____
- 2) Gender (please circle): Male | Female
- 3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive
- 4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No
- 5) Drug name (if multiple present, chose the most important one): _____
- 6) Medication side effects (of chosen drug): _____
- 7) Duration of treatment of chosen drug (please circle one):
less than one month | one to six months
six to twelve months | more than one year

#48

Paroxetine but scared to take it

I've been prescribed Paroxetine for severe anxiety and panic about six months ago. Because I'm very scared of side effects, I was given 5mg and told to take those for a week and then up it to 10 and so forth until I get to an amount that works for me. And I do want to take them because I really need them, but I can't seem to. I am so scared of what effect it will have because when I did try a year ago, my stomach got really upset (I have a phobia of vomiting) and I wasn't able to eat and lost a lot of weight because of it.

Does anyone have any tips on how I can get over myself and just take them?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#49

Is it bad I don't feel any effect of Bupropion 300 mg?

I have been taking it for 2 years now almost. Lately when my psychiatrist asked me how I feel on it. I was bit clueless. I told him I honestly don't know whether it's working or not. Because I feel no difference. There are days I miss the dose even. I don't feel any difference. Have I grown the tolerance to it?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#50

Question

I have been having a lot of health anxiety and recurring panic attacks within the last few days. I'm on bupropion and buspirone. I have no appetite. I can still drink tho. I was wondering if the lack of appetite could be caused by any of these medications? Also can the reoccurring anxiety cause it as well? Lmk?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

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7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#51

I was gonna do it but I took 40mg of Prozac and now I'm fine.

What is wrong with Me. Why am I able to take Prozac and function normal. I don't need it all the time only as needed. I get very suicidal sometimes I'll take Prozac and I'm back to normal. If I take it everyday like the Dr wants my dick doesn't work. Taking it as needed seems to be ok for me. But what is wrong with me that makes it work so fast.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

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7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#52

Stopped citalopram after a couple of years

I've been on and off antidepressants for the past decade.

I weaned myself off over a month until recently I have just stopped taking it altogether. I didn't find it hard, though cutting my dose from 20mg, which I was on, to 10mg gave me some insane dreams at first.

It has only been a few days completely off.

I find I am tearful easily, if I read something sad or think back to my dad's death (he died while I was already on antidepressants).

I can't remember if this is 'normal' for me and I am unsure if it is how regular people are.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#53

Can't find out what's wrong.

Hi, I have been diagnosed and anxiety for a long time but it's been a few months since I've been getting worse . My symptoms from severe to moderate:

- Dissociation (derealization) very bad free like I'm gonna lose it.
- Severe insomnia can't sleep at all at night and takes naps during the day
- Involuntary neck movement like a jerk
- Low energy
- Difficulty concentrating

I went to my psychiatrist and he told me to continue to take my escitalopram and increased and put me back on abilify (5mg) . Nothing is happening I'm feeling worse. I'm at my wits end and I don't know what to do I feel like a zombie. I've been taking 3 Ativans daily just to cope. I don't do any recreational drugs and don't drink . I don't think my psychiatrist knows what to do either. Is this depression or something else and how can I get better? Anyone with suggestions. I know I should go to a doctor for help but right now I'm desperate.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

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less than one month | one to six months

six to twelve months | more than one year

#54

Coping with medication withdrawal symptoms (Effexor)

i am a 20yr old female who as of two days ago full stopped taking Effexor after tapering off for 25 days in order to take a new medication. I have been taking Effexor daily since i was around 14-15. Effexor is the only anti anxiety medication i've ever been on.

i'm in my own personal hell right now when it comes to these side effects lol. the main complaint i have is the "brain zaps". it is going to drive me insane. i am not the best at describing things but if i were to give it a shot; have you ever changed a lightbulb in a lamp but the lamp was still on and then BAM a little electrical shock courses through your body? it's like that but mainly confined to my brain.

i was wondering if anyone else on this sub has ever experienced "brain zaps" after coming off medication and what you did to cope with it. any advice is welcomed :) thank you in advance

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#55

Doxepin

I am currently using doxepin for insomnia, but would also like to use it for anxiety. My doctor has just raised my dose to 20 mg per night. Any of you who use that drug, I am curious as to what dose you needed to help with your anxiety. Any answers would be appreciated. Thank you.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

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less than one month | one to six months

six to twelve months | more than one year

#56

Woah! Effexor !

Went from 75 to 150 and I feel like my anxiety is worse, internal tremors, feel like I can't breathe. I have this odd feeling in my chest as if my heart is racing and I drank a bunch of energy drinks but my pulse is fine. So it must be my nervous system. This is so weird!! I feel like I'm on speed or something!! I almost went to the er this morning bc of it until I realized they can't do anything. I took a benzo and it didn't help much. Has anyone else had increased side effects when raising their dose ??

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

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six to twelve months | more than one year

#57

5y on meds and therapy, but no big changes

idk if this is the right place but i've been on therapy for about 4,5y.

i started CBT bc of depression and anxiety, been later diagnosed also with adhd and iv been on antidepressants since the beginning.

now, i take 120mg cymbalta (antidepressant), 25mg quetiapine (antipsychotic but i use it to sleep), 200mg lamotrigine (mood stabiliser) and 70mg elvanse (for adhd).

of course i've been making progress during this journey but is it "normal" still being on CBT and all this meds after almost 5y??

i've been thinking about this for some time, mainly due my depressive recurrent episodes, my progressive isolation and lack of social energy, not being able to motivate myself enough or to obligate my mind and body to start/stop doing something needed, even knowing the risk and consequences. also, i always have this feeling like, i can even make 0 effort, be lazy or wtv, in the end i'm gonna make it, anyway. in the last month's , i've been dealing with multiple situations that requires big amounts of mental energy, effort and discipline, sooo turns out that feeling i used to have it's actually not true. plus, i kinda find it hard to discover my "purpose" in life so i overthink a lot, also bc idk why but i always feel like other people hate me, or at least judge me a lot.

sometimes, i suddenly have moments of joy, happiness and the willing of become more social, go out, talk about everything and nothing, but sadly it's duration is always so short and i become the "normal" me again, just existing.

well, i think the main purpose here is to know whether u think this is just a normal process or if maybe it could be something wrong here?

thank you

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

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less than one month | one to six months

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#58

Post Venlafaxine/Effexor Feelings

Hello everyone!

I am a long-time sufferer of depression and I am currently on medication for it and have been for a few years.

I am taking 150mg Bupropion xl and 75mg of Venlafaxine ER. I started the Venlafaxine about two years ago and worked my way up to 225mg. About six months ago, I decided I wanted to taper off the Venlafaxine. I didn't like the side effects, the withdrawal it caused if I was even an hour late taking it, and I just feel like it dampened too many of my emotions (especially the good ones).

With my doctor's blessing, I SLOWLY began tapering off and I'm about to start 37.5mg, the smallest and last dosage before completely tapering off. I have experienced the withdrawals and the sickness that comes with that in the past and expect to encounter those again until the medication is out of my system.

However, I would like to hear if any of you have success stories on feeling "yourself" again after quitting Venlafaxine.

Right now, one of my most missed emotions/feelings is excitement. I used to get excited about little things like going to the movies, seeing friends, going on trips, etc... On Venlafaxine, I didn't really have that. I didn't even get excited about my first trip to Disney World! That's not to say I wasn't happy when I got there but leading up to it, nothing. I miss that and hope I can return to that state of mind.

Any similar experiences?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#59

Need advice on how to get off remeron

I've been taking remeron for about 3-4 weeks and started noticing a lot of side effects I don't like. I'm worried about withdrawal. I've been taking just under 7.5mg before bed (I break them in half). Will I have withdrawal effects at that dose after only a few weeks? Does anyone here have any experience getting off remeron? If so, how did you manage to do it?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

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#60

Week 3 -Updose of antidepressants

Starting week 3 of 150mg Wellbutrin XR and 30mg paroxetine. I was put on antidepressants in 2017, started with 20mg paroxetine. Up until this year it kept my anxiety and depression at bay, but I did have trouble traveling or staying places that weren't home. This year I had enough of my mental health holding me back and in the end of September I upped to 30Mg paroxetine. First week I felt hopeful then about every other week seemed to get better then worst. Better than worst.... 3 weeks ago I started feeling really tired and depressed. I was getting crippled with anxiety and depression which led me to cry all day and drive aimlessly. I reached out to my psychiatrist and he started me on 150mg wellbutrin along with my 30mg paroxetine. I have finished two weeks with the new medication and last week seemed to be better than the week before by a lot. These last few days have been uneasy but nothing like before.

My problem is I start to get anxious or depressed and I instantly start worrying that the medication is not going to work. If it doesn't then I have to wait another 8 weeks trying something else. I started CBT 2 weeks ago as well, which definitely helps with my cognitive thinking. I have learned a few meditation practices and also a few personal crutches that help.

I'm wondering if anyone has insight on going through this process. I keep thinking back to when I wasn't having issues but still on anti depressants. I would be living in the present, truly enjoying life and not worried all the time about feeling anxious or depressed. Ever since this year with these feelings and thoughts have caused so much displeasure in my life.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

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less than one month | one to six months

six to twelve months | more than one year

#61

Citalopram aka Celexa

I've been on this medication for 2-3 weeks. I don't feel any different depression/anxiety wise (yet) but I've read other reviews and people said to give it time.

I experienced something strange today. It felt like an electrical shock on the front of my forehead to my eye area. Like a brain zap (not sure how to describe it) but I'm wondering if someone out there knows what I mean or has experienced this?

To be honest, my anxiety seems worse and I have to take Xanax to go to sleep and shut my mind down.

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2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

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7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#62

Has anyone used nortriptyline and weed together for a long period of time?

I know it's not recommended to use the 2 together but has anyone done it? If so, any problems? I've just passed a week on the medication and have been smoking weed all throughout and haven't noticed anything yet.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

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less than one month | one to six months

six to twelve months | more than one year

#63

Anxiety - Best Medication? Breathing problems?

My doctor has gone through around 6+ medications trying to treat my generalized anxiety. He said that if this last one doesn't work, he's going to have to refer me to a specialist, which sucks. Does anyone have a drug that worked great for them? I'm currently on trintellix (vortioxetine) but I'm having a lot of trouble breathing on it so he's switching me to Quetiapine/Seroquel. I've taken Cipralex, Cymbalta, Remeron, etc in the past + ativan. Just trying to get these breathing problems to calm down. :(

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, choose the most important one): _____

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7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#64

Feeling off

So about a month ago i was feeling off. Went to the doctors. She did a physical said she had no concerns to do further testing. She said it was probably anxiety and i asked to be put on cipralex again. I felt fine for a few weeks and now I'm feeling off again? I'm not really sure how to describe it but I'm scared and I'm making myself more sick. Are their sicknesses that come in waves like I'm experiencing? If it was like something serious like a heart condition or the big C word wouldn't i be progressively getting worse rather than being fine one week and feeling off the next?
Thanks for reading.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#65

My experience with Zoloft/sertraline.

I know a lot of people here have questions and concerns about sertraline/zoloft and other medications, and there's a lot of information out there. I just wanted to give my own experience. I've been on it since the beginning of January. I actually researched a lot of different anti-depressants/anti-anxiety pills before jumping in. I wanted something that's been on the market a long while and was safe to use while breastfeeding.

Day 1-5: immediately felt better, but I think it's because it made me extremely sleepy and my anxiety was making me an insomniac. Because of that, I started taking it at night. Getting better sleep really helped.

Weeks 2-4: it seemed to be working its way through my brain in a "leveling out" way, if that makes sense. In other words, my brain was like "huh. what is this?" however i overall felt so much better. Whenever my brain had some anxious thought, I was able to tell myself calming things like "well thats ok" or "eh thats not a big deal" or "that can wait" and *my brain actually listened.*

Week 5 and on: I went from 25 to 50 mg, a bit more leveling out, but still overall so much better. Heres my own benefits from using it:

- I've actually lost weight, which is the opposite of what I hear. Before, I'd use sugary foods as a way to temporarily escape the anxiousness I constantly felt. I also felt too scared to move pre-medication. Now, I don't feel like I *need* sugar. And it's not a big deal anymore to just go outside.

- As I stated above, I still have occasional anxiousness, but it's sooooo much easier to calm myself down. If I think "ugh I have to do the dishes" I'm able to say "eh that can wait. I want to enjoy what I'm doing right now." It's also so much easier to meditate because of this.

- My sex life has improved, also contrary to what I've heard. Mainly because I'm able to be more present instead of filled with worry.

- I now enjoy and smile at things like r/cats posts when before I didn't.

- I still, rarely, have minor anxiety attacks, but once they're over...they're over and now in the past, if that makes sense.

I've tried buspirone in the past as well, which did work for me but not as well as this tbh.

Everyone is different obviously, but the decision I made to start medication has overall made my life so much better. If you're on the fence or worried about it, maybe this will give you some insight.

Sometimes it's worth it to try something new ❤️■

- 1) Age: _____
- 2) Gender (please circle): Male | Female
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- 5) Drug name (if multiple present, chose the most important one): _____
- 6) Medication side effects (of chosen drug): _____
- 7) Duration of treatment of chosen drug (please circle one):
less than one month | one to six months
six to twelve months | more than one year

#66

Strange, terrifying problem I'm having. I'm scared of going to sleep and dreaming.

I've always had an aversion to dreams. I never wanted to have nightmares or dreams. But it never consumed like it has until the last week and a half. Now I'm completely crippled by it. I keep thinking about it, barely eating, can't do anything but think about it. Each night gets worse with every dream I have. I got prescribed remeron (mirtazapine) for the anxiety but I'm afraid to take that too since it is said to cause vivid dreams and nightmares. I just don't know what to do. Just being in bed with my eyes closed sends me into a panic.

- 1) Age: _____
- 2) Gender (please circle): Male | Female
- 3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive
- 4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No
- 5) Drug name (if multiple present, chose the most important one): _____
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- 7) Duration of treatment of chosen drug (please circle one):
less than one month | one to six months
six to twelve months | more than one year

#67

Going from Paxil to...?

I've been on Paxil 2mg for 10 years now for generalized anxiety disorder (GAD) and it's pretty much stopped working all together. Unfortunately if I stop using it I get terrible withdrawal symptoms, and if I stay on it it's basically status quo with no help on my anxiety issues. Also it's killed my libido, lack of drive and performance.

I'm seeing my doctor this week and wanted to see if I could switch to something else that would a) treat the anxiety and b) bring back my libido to normal function.

Has anyone made the switch from Paxil to another medication and had success? What drug are you using now and what protocol did you follow when making the switch?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#68

Medication withdrawal(missing a day) symptoms changing

So ive been on the same medication since I was 15, now 24. Its been helpful 99% of the time, I was put on medication because along with constant panic attacks I just felt nauseous 24/7 and if I accidentally missed a day I would usually feel a little nauseous and very tired but for the last year or two if ive accidentally missed a day I mostly feel dizzy and wobbly and then I start having panic attacks because I'm worried I'm going to passout.

Has anyone else had their symptoms change over time?

(I am prescribed Cymbalta/Duloxetine.)

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#69

People who are prescribed Paroxetine and play online shooters, do you feel more jumpy/easily startled?

I've recently been prescribed Paroxetine, and while I am starting to notice my overall anxiety being easier to manage. A big chunk of my life is video games.

I've always been quite a nervous wreck when playing competitive shooters, I get the usual cold hands, extremely tight grip on my mouse when I need to aim etc

However, I've never been super easy to startle. Loud noises or unexpected encounters with an enemy player have never really bothered me. But since I've started taking Paroxetine I find myself getting startled extremely easy.

I don't really see anything of the sort listed as common side effects for the medicine. I'm a bit iffy to ask my doctor to change it because I've already tried like 5 other kinds of anxiety medicine and I feel like at this point I just need to stick it out with one for a good bit to see if it works out. But the whole easy to startle thing is putting a severe dent in my enjoyment of video games, which is basically all I do in my free time.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#70

Celexa

I'm on my second week of celexa or citalopram.

The first few days were hell, it slowly leveled out and I liked myself through the day. My sleeping has somehow gotten way worse than it was before but I know it's still early on to tell. Anyways, I either fall asleep no issues at 8pm and sleep through the night or I'm up tossing and turning on zquil and melatonin etc like last night. I've still yet to sleep and thankfully don't have anything to do today. I'm heavily debating taking my pill. It's somewhat hit or miss. It makes me feel either really stable or super buzzy and anxious. It seems like no matter what direction it goes in the day, in the evening after my come down I have episodes of depression and panic. I have the mental power now to differentiate and somewhat talk myself down in a sense, but the lows are still low and basically inevitable.

Running off 0 hours of sleep here, any advice would be much appreciated ■■

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#71

Another bad panic attack.

Sitting here waiting for the klonopin to kick in!

I don't want these pills! I'm so tired of this disorder.

I felt like I was having a seizure. Left arm got tense, right leg got tense, right side of face gets tense(think that's TMJ). Start losing my hold on reality. It's scary. Now I'm getting nauseated right before the panic attack and that's a new symptom.

I'm literally about to spend 4,000 for ketamine injections. I don't care about the money anymore.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#72

anxiety is constant after starting to taper off paxil. Advice?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#73

getting off fluoxetine

So I've suffered from anxiety my whole life and I've been on a few different SSRIs. Fluoxetine has always worked well but it's brutal to get off of. I just completed IVF and had a Frozen embryo transfer so I had to taper off my Fluoxetine. With my first son I made it the whole pregnancy without meds and I want to try that again, but man I'm suffering. I'm having a terrible exacerbation of anxiety probably due to getting off the medication. Anyone in here have to get off their medication for some reason? Does it get better?? It's been 9 days since I took my last capsule and I imagine this is probably the time for the worst withdrawals.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#74

I am Having Ketamine Infusions for Depression - ask me anything =)

Had 2 last week and 2 more are coming this week.

I've been studying it a lot on PubMed, Blogs, Youtube videos and comments.

Just want to help as much as I can, so feel free to ask anything =)

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#75

I switched meds for some raisin

I am constantly on the edge of panic. I'm going from duloxetine (11 years) to zoloft (6 days) I'm told this could be great but I am struggling friends I'm scared all of the time non stop. My brain is out to get me. Your heart is gonna stop. You are gonna have a heart attack your life is suffering. I can't not be afraid and it sucks.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#76

Just started Effexor 75mg

Long post - apologies in advance and apologies if this isn't the appropriate sub.

Yesterday I started my prescription of Effexor 75mg. I decided to go on it to test if it will reduce my anxiety and constant need to use the restroom (poop) since my bowel movements have been dictating my life the past 3 years. I've seen a GI doctor and they couldn't find anything wrong with me.

I took my pill in the morning with breakfast as instructed on the bottle and about 30 min later I started feeling incredibly dizzy and nauseous. I called my boss explaining I started a new medication and I can't come in because of how dizzy I am. I laid down most of the morning waiting for the dizziness to wear off and went into work once I was feeling more comfortable to drive. I spoke with my dad (a doctor) and he's suggested to take it at night to avoid feeling dizzy in the morning but also said the side effects are normal when starting Effexor.

To clarify - my dad is not my doctor. I just spoke with him because I'm more comfortable with him because it was 9 am and my doctor's office wasn't open yet.

I decided to try Effexor because I told my doctor I was previously on Lexapro but didn't like it because of the constant teeth grinding. I eventually took myself off of Lexapro but I think my bowel movements became worse - which is why I'm trying medication again.

Following my dad's advice, I took another pill last night before bed (I'll admit this was probably a mistake and should've waited the next day) and I wasn't as dizzy but I kept waking up in the night. Currently I feel fine but I have a constant tingling sensation on my face/back of my head, and teeth grinding.

A big concern I have is potential withdrawal symptoms. I've read consistent stories that Effexor is difficult to come off of. Second is the teeth grinding. Overall these initial symptoms are really bothersome and I'm concerned about continuing the medication or switching to something else. As a note I do plan on talking to my doctor about my concerns.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#77

DAE get small waves of anxiety throughout the day?

Kind of a wave then disoriented/DPR/DR then back to normal anxiousness?

This sucks. Is it just anxiety? My meds? Just started low dose seroquel. Also take Lexapro. Am I going insane?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#78

Quetiapine / Seroquel

Started taking 25mg since spring 2021 (was upped to 50mg February 2022) but I can see since then I've lost an unbelievable amount of weight ... Even though I eat loads (way more than before taking this drug)

Has anyone else experienced this?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#79

A small depression case that asks for help.

I am depressed not now, but several years ago, only that I had "hit bottom." Now I take psychotherapy and I am medicated with Fluoxetine, Lamotrigine and Quetiapine. Sometimes I can't take them because my medical system is not very efficient.

I'm 35 years old, I'm a screenwriter; Now I don't have a job, not a stable one, I owe a considerable amount of money to the bank and my relationship with my ex-girlfriend ended a year ago due to financial problems. With the months, I didn't leave my house, I didn't talk to anyone, I didn't wash my clothes or bathe. I began to get frustrated in all facets of life and, above all, to lose hope not only of my things but of life itself.

Today I think that nothing is worth it because everything tends to end and that there is no beyond, that we will all die to disappear into nothingness. The psychologist asks me to resume my work as a writer, since I lost the ability to feel pleasure for everything, and I have done it, but it costs me a lot and I do not enjoy it much, although something has changed in my mood.

I would like to read your impressions about my case and what to do to improve.

Thank you.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#80

Miracle drug for me?

25, F

summary: 10+years of severe anxiety, OCD and depression (& memories of ocd, anxiety & depression in early childhood, as young as 5 years old I would pull my hair out). I tried loads of SSRI's and they didn't work, I have very recently started taking an atypical antidepressant Mirtazapine / Remeron (15mg) before bed (it promotes sleep) on top of my 20mg escitalopram (which wasn't doing anything alone) as an 'augmentation' strategy and I am up, out of bed and wanting to do things (& don't feel anxious!). I have also done a lot of self reflection recently after a lot of loss, spoken to estranged family members & had sessions of psychotherapy - but none of these motivated me to get out of bed (I really needed my brain's biochemistry to change!).

I've tried most of the usual SSRI's over there years and they have all failed (citalopram/celexa, escitalopram/lexapro, fluoxetine/Prozac & sertraline/Zoloft) as well as other things like propranolol for severe depression, anxiety & ocd (including skin picking disorder). Recently it got so bad I lost my dream job, my boyfriend and had to move in to my dads 1 bedroom flat and stay on the sofa. I literally gave up - I have been eating plain pasta and in my bed for the last 5 months. I would go 3 days without a shower. I was up all night and convinced escitalopram was keeping me awake & doing nothing else, so mentioned this at my emergency psychiatry appointment (which took 3 months following my break down, but in general 6 years because they never listened to me before). Anyway, they suggested potential options to discuss with my GP: Pregabalin (Lyrica) for anxiety, switching my antidepressant to Venlafaxine (Effexor) and potential augmentation with Mirtazapine. I mentioned to my GP I couldn't sleep and so I am first trying my usual SSRI (escitalopram/lexapro - 20mg) with mirtazapine/Remeron 15mg. I take them both at night so the mirtazapine/remeron helps me to sleep.

I've only taken it for 2 days but I've felt my sleep quality has been so much better & I got myself up for the first time in 5 months and went and met my mum, fed the ducks etc and have come back and done my laundry. I think and pray I have found the drug for me ■ I think it is working on its own however I will stick to both just incase it is activating the escitalopram■

I am going to work on getting a job and a room to rent and get back on my feet & discover some hobbies as a lot of my childhood was robbed by mental illness. I think I will find a job in sales /recruitment and if it's not for me venture into either psychology, occupational therapy or SEN teaching in the future ■ I hope this gives people some hope to keep trying things for them and to see a psychiatrist, I begged to see one on the NHS (am UK based).

- 1) Age: _____
- 2) Gender (please circle): Male | Female
- 3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive
- 4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No
- 5) Drug name (if multiple present, chose the most important one): _____
- 6) Medication side effects (of chosen drug): _____
- 7) Duration of treatment of chosen drug (please circle one):
less than one month | one to six months
six to twelve months | more than one year

#81

Citalopram & Cyproheptadine

Has anyone else taken these two together?

I've been on Citalopram for many years for my anxiety etc.

Just recently my doctor put me on Cyproheptadine to help with my headaches, nausea, poor appetite.

My doc warned me it was possible for the cypro to counteract the citalopram, which I think is happening because I've been getting brain zaps and some other telltale signs of SSRI discontinuation.

- 1) Age: _____
- 2) Gender (please circle): Male | Female
- 3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive
- 4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No
- 5) Drug name (if multiple present, chose the most important one): _____
- 6) Medication side effects (of chosen drug): _____
- 7) Duration of treatment of chosen drug (please circle one):
less than one month | one to six months
six to twelve months | more than one year

#82

Would anyone be willing to share their Mirtazapine success stories?

Would really appreciate any mirtazapine success stories!!

I am a 23 year old 6' 155 pound male with anxiety, ocd and depression that was previously very manageable through therapy alone but a couple months ago exploded in intensity to a debilitating extent and I started having daily panic attacks and feelings of intense doom and despair.

My doctor prescribed mirtazapine for me to try instead of ssri due to my fear of sexual side effects and also because I had a slightly bad experience with lexapro as a teenager which kind of turned me off towards ssris. Also because the side effects of mirtazapine could actually be beneficial to me since i struggle with sleep and also severely struggle with appetite.

I took my first dose of mirtazapine last night (only 7.5 to get my body used to it until i go up higher) and today I actually feel the best ive felt in weeks (still some anxiety and depression but less intense). However my ocd got me to start seeking out negative reviews online and i came across plenty of people saying this drug did nothing for them or made them worse which kind of made me afraid and made me think maybe this drug wont help for anxiety and depression and that I should switch to an ssri immediately.

Long story short. any success stories would be amazing for me to reassure me to stay the course and give this medication a proper chance before switching. Thank you so much

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#83

Citalopram Advice

Hi, my partner was recently prescribed Citalopram by their GP (20mg) and suffered with sleeping issues for the first few nights - which we've read is a common side effect.

However, after a few nights she had almost an intense day of panic attacks from roughly 3am until the early evening.

We've spoken to the mental health advice line and they've confirmed that this is normal, however the initial dosage of 20mg was too high and she should have been prescribed 10mg (which she has been since) and also the prescription is less than two weeks in.

Her mood started to lift and then today she's had a down day.

Has anyone else experienced side effects like this?

Any advice would be appreciated.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#84

lexapro side effects

hi! i just restarted lexapro after not taking it for three years (10 mg daily), and i'm struggling with the side effects. i'm fighting through a LOT of nausea and dry mouth, and mild headaches. does anyone have tips that they use to relieve side effects? i have zofran that i can take for nausea but i'm incredibly paranoid about serotonin syndrome :(

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#85

Anxiety and depression during pregnancy

Hey all, just kinda looking for someone to give me some hope lmao I'm currently 25 wk pregnant and have been suffering from severe anxiety and depression this whole pregnancy. It's to the point where I have a anxiety attack any time I try to leave the house or go anywhere and I'm starting to feel helpless like it's not going to get better. My psychiatrist has me starting Prozac 40mg and ■remeron 15mg at night. I was taking Prozac 30mg and didn't feel any better and remeron 7.5mg to help with not being able to sleep. At this point I just want to hear that someone has been in a similar situation and that it does get better■

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#86

Seroquel withdrawal symptoms

Hi there! I've decided to get off of my seroquel 150mg for my bipolar (I've been taking for 3 years now) It's been a long while and the symptoms were not worth staying on seroquel. The weight gain was the WORST. I went from 150lbs to 270lbs. The heart issues. The fainting spells. Night terrors. Decided it made my mental health worse so I decided to get off.

My doctor had me slowly wean off of the meds and the last pill I took was on the 6th.

These are the symptoms thus far:

- nausea (6/10, 10 being the worst it could be)
- diarrhea (8/10 it's been bad the last 2 days it feels like immediately after eating I need to use the bathroom for 2 hours)
- insomnia (5/10- I've had to use sleep aid to help me otherwise it would be worse I'm sure. I wake up in the middle of the night at around 3am every morning and have been having nightmares)
- sweating/body heat (6/10, this was worse when I was on seroquel, used to be 10/10)
- appetite (7/10 it feels like food makes me nauseous right now so I'm having a hard time eating) also I get full WAY faster

I'll keep y'all updated.

Does anyone have advice for this?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#87

Job interview and I am losing my shit

I have a job interview in an hour and I am totally freaking out. I've been on Seroxat for a week now (bad timing, I know) and whilst it's helped a bit it's no match for the level of nerves I have right now. I am going to be so devastated if the anxiety leads to me not getting the job :(Just wanted to put this somewhere because I'm currently sitting home alone pulling my hair out.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#88

Zoloft and libido

Been on Zoloft for about 7 months and noticed it's completely stripped me of all libido. Anyone else had this experience? It's also numbed me from feeling a lot of emotion and any anxiety so I've been okay with the lack of libido which is scary and has caused some serious damage to my spouse and I's relationship. I'm considering getting off of it and feeling anxiety so I can also feel life again.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#89

Liquid Wellbutrin/Bupropion

Just wondering if anyone has experience with a liquid formulation of Wellbutrin/Bupropion XL, and where to find it/how to request it. My doctor didn't seem to know, so I thought I'd ask Reddit and either go back to her with more questions or shop around for a new doc.

It works really well for me, and I wish I could take it consistently but well...I absolutely *despise* swallowing pills. I know all of the pill swallowing tips and tricks and have tried them all so I'm not looking for that. The bottle method works best for me, but it's still a huge hassle and at some point I just keep getting frustrated and give up because it can take me up to five minutes of psyching myself up and suffering to choke the pills down :/ It's 100% mental, I'm aware, like the 150mg Bupropion tablet isn't even that big. I was prescribed 300mg Bupropion XL and almost had a heart attack because they looked like horse pills and there was no way in hell that was sliding down my throat.

TL;DR is there a liquid version of Wellbutrin/does anyone have experience with it if so/how did you get your hands on it? Thanks everyone!

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#90

How long did you wait to drink on ssris? I'm on celexa & can't tolerate it yet.

I haven't enjoyed a full drink since March 5th. I tried a few glasses of wine on celexa day 5 & it gave me more chest pain & nausea which triggered my anxiety more. Tried a drink again on day 10 & had more intense anxiety. I enjoy casual drinking a lot & I can't even drink small amounts now unless it's in my mind.. Anyone else deal with this?? How long until I can drink normally?? I almost want to switch ssris bc that's too much restriction & I'm not even sure if the medicine is working in my favor yet coming up on week 3.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#91

Bupropion hcl xl for anxiety/panic attacks and depression

Hello,

I've been having a bunch of panic attacks this week out of the blue again, my dr prescribed bupropion hcl xl 150mg for me to take and I want to know if it will work for me? I'm very sceptical about taking meds.. thinking about taking the meds gives me anxiety.. (I know I'm contradicting myself because I took this medicine last year and stopped after 3 months because I thought I didnt need it anymore, it took me a lot of willpower to take) also, last year I was depressed and having panic attacks/anxiety

If I take one will it remove the feelings of anxiety immediately? Does it take a long time to kick in ? And should I take it at night or in the morning ? Did it work for you?

Thank you.

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#92

First week back on Prozac is kicking my butt.

I stopped taking Prozac last August due to some fallout with my prior psychiatrist. I ended at 40mgs which I was taking for about 2 years. In December, my wife was hospitalized which was very stressful but I felt like I had to remain strong for my kids and had to keep it together. She was sick for about 6 weeks but she's luckily healthy now. Fast forward to a few weeks ago, I started having panic attacks at work. I'm thinking I'm having a delayed response to the trauma I went through. I decided to go back and start treatment and my psych started me off at 20mgs last Tuesday. Since then, I've been feeling really bad side effects like insomnia, worse anxiety, nausea, and dry mouth. Yesterday, my psych backed me down to 10mgs. I never felt side effects that bad when I first started. I probably was just taking too much too fast.

I guess I just need reassurance that these side effects will go away. Being on Prozac helped me a lot in the past and I'm kicking myself for ever having stopped it. Has anyone else stopped and started Prozac again?

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#93

Propranalol and Sleep Problems

I took 4-5 doses of Propranalol (10 mg) over the last two weeks for anxiety symptoms. Since starting, I have been struggling with really bad insomnia all of the sudden. I'm stopping the med, I think my last dose was 3 days ago?

But I'm curious to hear if anyone else struggled with this? Did you find that stopping helped / how long did it take for your sleep to normalize after stopping? Did you try melatonin or anything to help with sleep? Have heard Propranalol can deplete your melatonin but I don't know if I was on it long enough?

Side note: I've been experimenting with different sleep supplements / meds. Benadryl just made me super drowsy but I still couldn't sleep. 3-4 mg of melatonin seemed to help in the nights I that I took it (smaller doses didn't help). Tried L-tryptophan and magnesium last night, which made me feel really relaxed but didn't fall asleep until 4 am. My big problem is FALLING asleep.

Desperate for a good nights rest!

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#94

Meds

Hi,could anyone maybe help me with a bit of a complicated prescription?

I didn't know if this is the proper sub,I'm sorry if it isn't :)

I have a variety of mental and physical health conditions and therefore a nice long list of meds that I have to take.

I have been through the usual trial and error of antidepressants and for 'depression' and pain we've settled on Mirtazipine and Amitriptyline-respectively 45mg and 150mg.

I say depression in quotes because this is the UK and trying to get treated for anything further is a situation.

I have anxiety ptsd,c-ptsd and possibly high functioning bpd..if I have bpd I am turning it very much inward,I don't know enough to be able to tell the difference to make an armchair diagnosis on myself.I've been on any since I was 16,counselling on and off since 12 and I'm now 44..

I may be totally wrong, I might have other conditions, I don't know-but it just doesn't feel right if that makes sense?

Meanwhile I'm on various medications with side effects and a couple of otc medications including vitamins B&D, 5HTP & LDPA which are proving to be very, very effective..except for some mood swings but I can't tell if they are different from normal mood swings and I'm possibly around menopause or peri-menopause territory,on the pill and have always had awful period side effects.

You might have guessed that I don't have a good time with my local medical health professionals..

I'm up shit creek with half a wonky paddle and I need advice or a compass,please if anyone has any ideas or suggestions where best I could post I would be very grateful.

I also have autoimmune conditions and am on blood thinners.

I'm greedy in the conditions department lol!

If you've read this far,thankyou very much for your patience :)

1) Age: _____

2) Gender (please circle): Male | Female

3) What is the sentiment of the post? (please circle): Negative | Neutral | Positive

4) Is the post about a personal experience with an antidepressant? (please circle): Yes | No

5) Drug name (if multiple present, chose the most important one): _____

6) Medication side effects (of chosen drug): _____

7) Duration of treatment of chosen drug (please circle one):

less than one month | one to six months

six to twelve months | more than one year

#95

Anyone tried Ketamine/TMS/ECT/psilocybin?

None of my docs are familiar with these newer treatments (which is frustrating but not a surprise); they just keep prescribing me the same ineffective SSRI garbage. Has anyone had luck with newer depression treatments (I did try shrooms multiple times and they had no effect)

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#96

Gone cold turkey on fluoxetine

So before covid I had easy access to my GP and I had mentioned coming off fluoxetine but covid hit and I never got round to tapering. So I decided to stop last sat so ten days ago, just fully stop. Was easy to start with but now my muscles ache and my head feels..erm best I can describe it small? Can anyone who has been through it offer any advice? I've been on it for 6 years 40 percent?

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#97

Effexor and Multivitamins

Can multivitamins make anxiety worse? I have been on Effexor 11 days now and I generally take my multivitamin 3 hours after my Effexor. I have noticed my anxiety spikes in the afternoon after I take them. I started a new multivitamin yesterday and today my anxiety has been through the roof. My whole face even got numb. Needless to say, I won't be taking those again, or maybe dropping multivitamins as a whole if they are increasing my anxiety. I did message my doctor as well. Thanks!

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#98

Been on 20mg Fluoxetine for 10 years.

Is it possible for long terms antidepressant to start making you sick all of a sudden? I take my dose before bed but I'm waking up anxious, and nauseous and feel like I'm not sleeping well. I have been on the same dose for many years. Does this sound like I need an increase or is it causing these effects?

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#99

starting lexapro today most likely, currently taking celexa and it's stopped working.

Switching to lexapro today, for my insanely bad anxiety. I wanna know if anyone has switched from celexa to lexapro and what they have experienced.

My psychiatrist isn't gonna wean me off of celexa immediately. Im going to start taking lexapro on top of my celexa then start to get off of celexa. Kind of worried about that due to taking 2 types of meds.

Any advice would be appreciated

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#100

I am so sick and tired.

I am nearly 40 and still struggling with depression, despite therapy, medication, and self-development.

Nothing makes it better; nothing has ever made me happy to be alive or even just accepting of it. I hate it; what is the purpose of any of this? Everything in the world seems to be getting worse, and it just generally feels like a worse place to live in. I'm not excited for the future or even interested in it; I don't want to keep going like this for another 40 years.

Don't get me wrong; I'm not suicidal at all, but if I were diagnosed with cancer again, I would be relieved.

I don't hate my job, but I've never enjoyed working, or found a job that has made me feel fulfilled. I don't even know what I really want to do with my life; I'm doing a Masters to progress in a career because it's the 'right' thing to do.

My relationship is hard work, but that's because for me, all relationships are difficult. I'm more confused about my sexuality now than I was a teenager; what if all my disappointing relationships is because I'm actually gay? Or maybe I am aromantic or asexual, or both. I honestly don't know.

I have a few friends but no real social life, and I am not motivated to change that. I have a favourite person but try not to put all my stuff on her, and don't like to burden my friends when I'm struggling. Mostly because I've spent over 20 years being depressed and I think people get fed up with hearing that I'm not any better; I'm still miserable, hate life and wish I could just give up.

I hate my body; more so since cancer and a hysterectomy 5 years ago. I struggle with my weight (menopause...), despise my scarred stomach, and feel disconnected from my body that I can't even do a headstand at yoga because my stomach muscles will not fully engage with me.

I know all the things I'm supposed to be doing – eat healthier, quit smoking cannabis, walk in nature, cut down caffeine and sugar, meditate, journal etc. but I don't want to do any of them (except quit smoking – it's a love/hate thing; I love the smoking and ritual involved but not the aftereffects but don't like cigarettes). I'm trying to find self-help books and podcasts to help me, but I think I might be too far down the rabbit hole at the moment to be able to fully engage with it.

I can't get therapy for these issues because I'm currently in psychosexual therapy for my immense lack of libido since my hysterectomy. It's taken me a year to get the therapy because I kept avoiding it and it's expensive, but I need it to work out what's wrong with me.

I had a wonderful therapist for 3 years but that ended in Jan last year, and I miss her so much. I was a little bit in love with her by the end of it so it's not a bad thing that it ended but I miss her greatly. I would love to be friends with her and could easily message her on FB, but I refuse to cross that boundary.

I'm fed up with being constantly exhausted, not enjoying my life and feeling like I'm trapped under a glass so can see everything around me but cannot connect. I don't want to tell anyone how I'm feeling because I expect everyone is sick of hearing about the chronically depressed woman who feels permanently empty inside.

(Diagnosis – BPD, depression, menopause Meds – venlafaxine and quetiapine, oestrogen, testosterone and progesterone)

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